



PPCA Newsletter  
August 2022

## Introduction

Welcome to August's Newsletter. This month, Doug has news of some white water skills sessions, Terry scrapes the rust off and Helga writes up the 50th anniversary paddle.

## Editorial

A huge thank you this month to Helga for stepping into the breach and writing up the anniversary paddle. We couldn't make it for a variety of reasons but it was clearly a very special occasion.

I had planned to write up paddling the River Fowey for this edition but I seem to be far busier now I've retired than I ever was in work. Maybe next time. I was also going to include a gripe about how expensive it was. This seems to be a hot topic at the moment. It might be useful if people could send in their experiences of being charged to paddle and I'll put a table in the next edition as to how much it costs to paddle each river.

Ivor Jones

Newsletter Editor

## Next Committee Meeting

Please forward any items you would like considered at the next committee meeting to [secretary@ppca-canoe-club.org.uk](mailto:secretary@ppca-canoe-club.org.uk). They will go to the secretary.

## Next Edition

There is no specific deadline as such for contributions but please bear in mind my general sloth and indolence and let me have anything time-sensitive well in advance.

## Contributions

Please send any contributions to [newsletter@ppca-canoe-club.org.uk](mailto:newsletter@ppca-canoe-club.org.uk)

## Acknowledgements

As ever, I have plundered Facebook for the cover photos - my thanks to all concerned.

### 50th Anniversary Paddle by Helga Pinn

The PPCA do a lot of things right, and a grand celebration of getting like minded people together on this auspicious occasion was no different. The aim was to get 50 people on the water!

The sun was shining on July 9th , the sea state calm,tide was rising, moon was waning gibbous, and so this easily equated to lots and lots of happy smiling faces, about 50 to be precise. Crafts of all shapes, colours and sizes turned up. But more exciting than that, was the meeting up of friends old and new. Stories to tell, stories to recall.

First job, was to get us into a 50 shape for the drone photo. Now I don't know who dreamt that up, but I can assure you that to us mere mortals paddling aimlessly just past the Mount Batten ferry landing, we were convinced that it was unachievable and altogether a rather ridiculous idea. The stunning photo shows how much we know!

A leisurely paddle followed, a bit of boat swapping at beaches on the way, chit chat as we got to know each other, pointing out features of interest and basically just enjoying being out on the water (although Clive who was our lucky leader on the day might have thought otherwise!)

Then back to Mount Batten beach (or what was left of it at high tide) for the Anniversary Lunch. A time to share food and swap kayaking stories. An opportunity to get to know others. An opportunity to reflect upon how amazing our club is and how lucky we are be in such a brilliant location. Ken our club leader, and one of our longest serving members, spoke knowledgeably about the history of the club over the past 50 years....the club certainly hasn't stood still.

The PPCA is our club. We've all joined for our own reasons. Some of us have been able to support on the committee, some have supported events, some of us have the ability to become coaches and leaders ( I use the term 'us' very lightly there!) But we truly appreciate what we have got. 50 years was a great celebration. Who knows where the PPCA will be when we celebrate our 60th.

## Features

### White Water Paddling by Doug Sitch

White water paddling is a regular part of the club's calendar of trips on Sundays from October to March. These trips offer a paddler excitement in the fast-moving water and challenges us to learn new skills to manage the moving water. In the quieter moments we can relax and enjoy the wonderful scenery on the river and reflect on the excitement of the previous rapids.

Why do I like white water paddling? I like the challenge of keeping control of the boat in the turbulent water and the quick-fire responses needed. I like the excitement of a fast-moving rapid and then to use this speed to carve a tight turn into an eddy pool. For me it is fun, like dancing on the water! The challenge is to understand the water and what you can do in your boat – and give it a try!

It may seem a bit 'out of season' to talk about white water paddling now, but I would suggest that if you fancy giving this type of paddling a try and wish to enjoy those trips to their full that you should be prepared, having practised and gained useful skills before then. What better time to practise than right now? Warm air, warm (warmish) sea water and plenty of light evenings with willing coaches. This is the ideal time 😊



The key skills that allow you to enjoy the white water experience prevent loss of balance and capsize – and an eskimo roll as a backup plan! Having confidence in these skills allows you to be more adventurous and try things. Not having these skills leads to anxiety about losing balance, stiffness in paddling technique and not wanting to try things and a lack of enjoyment of a trip.

It is important to know that paddling on moving water is not the same as on the sea. On the rivers the opportunities for mishap are higher. Not edging/leaning enough on break-ins & outs, trying to cross eddy lines sideways and waves trying to shake your balance. The ability to use recovery strokes to cope with these mishaps will allow you to learn and refine your skills – rather than suffer a capsize, a swim and spending the next 15 mins getting back on the water – cold and wet!

The skills I refer to here are the same for sea kayaking as white water. The ability to prevent capsize is a key skill in sea kayaking. It allows a paddler to stay safe when unexpected conditions might otherwise tip you in. For those who might be anxious when conditions get a little 'lumpy' at sea or when a beach access is required through breaking waves, then these skills can provide confidence that things will be okay. For the more adventurous, then they are a 'must' - allowing a paddler to cope with an incoming wave with ease. Either way for rivers or sea, I think that everyone should learn these skills. If you think you already have them, then 'brush' them up and practise – regularly.

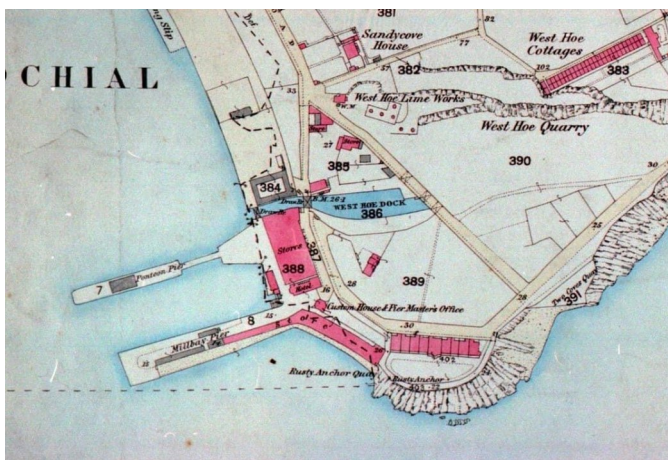
I am running some more 'Doug's Skills' sessions in Aug & Sept to focus on avoiding a capsize using support & recovery skills. The dates are:

16 Aug, 30 Aug, 13 Sep & 27 Sep

Times are the same as usual Tuesday night sessions at Mount Batten, to be kitted out and ready to paddle at 6pm.

## Plymouth Sound Snippets No.7 - Rusty Anchor by Terry Calcott

This has to be one of my favourite place names in Plymouth Sound. I often use Rusty Anchor as a waypoint when out paddling. But where does the name come from? Situated between West Hoe and the entrance to Millbay. Rusty Anchor is actually a small rocky formation below the West Hoe terrace, a grand terrace built in the 1850s for senior naval officers, the imposing centre property was for the Port Admiral.

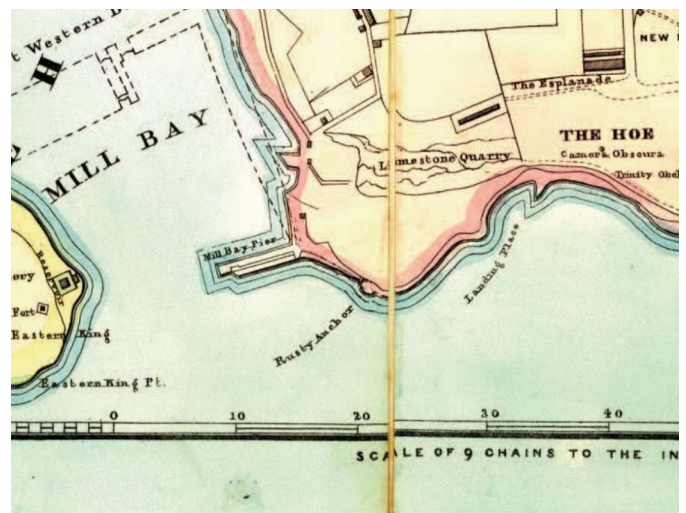


Map from the 1850s showing Rusty Anchor and Rusty Anchor Quay



West Hoe Terrace

Although the whole area is generally now known as Rusty Anchor. It is also a favourite spot to watch ships on their way in and out of port. Along the top of the wall you will can small models of various ships and submarines.



Map from the mid-1800s showing Rusty Anchor

Rusty Anchor could mean a lost anchor from a wreck that stood nearby for many years? Or maybe a point at which large sailing ships might have to warp to assist their passage towards the Hamoaze, involving the deployment of a kedge anchor and use of the capstan?



Rusty Anchor?



Could this be the remains of the Rusty Anchor?

## Exchange and Mart

Discount Available at Millets, 38/40 New George St, Plymouth PL1 1RW

One of our members works in the Millets store (Big 'Thank you' to Lee McKenzie!) on New George Street, Plymouth and has negotiated with his Manager a great discount of 15% on production of your PPCA club membership card. Usual T's & C's apply, e.g. goods already discounted/sales items might be excluded.

Discount Available at Kayaks and Paddles

Kayaks and paddles offer discount to local kayak and canoe clubs. The PPCA and Tamar Canoe club can get a discount up to 10%. This is an offer not a right for the person that is making a purchase, so please do not go upsetting Kayaks and Paddles employees as this discount might be taken away.



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